

Health & Wellness Corner

Health Promotion Events

Crews into Shape 2006

Recruit up to 10 team members, choose a team name, a team leader and register your "crew" with NEHC by February 28th. Program runs March 6-31. Register your team today! Log on to:

http://www-nehc.med.navy.mil/hp/crews_into_shape/index.htm

BALANCE Weight Management Support Group

Meetings held every Wednesday, 1700, Conference Room B, USNH. Come out and find the support & motivation you need to achieve your weight loss & fitness goals. Call 645-3910 for more information

Camp Courtney Tobacco Cessation Class

Class begins February 2nd @ 1600. The course will run 4-5 weeks and be held in the education center. Please call Dave Elger at 645-2620 to register.

Nicotine Free Support Group

Kick the habit for good! Group meets every Tuesday at 1700, Camp Lester, USNH Galley. Nicotine replacement & Zyban available. Meetings are informal, non-structured. Come meet others who are trying to quit and get advice and support from people who have. Ready...Set...QUIT!

Pediatric Healthy Lifestyles Program

A 6-week Exercise and Nutrition Program designed to promote and encourage healthy lifestyles. Classes will be held at the USNH Camp Lester pediatric clinic. Ages 8-14. First class begins January 30th. Please call 643-7431 for more information.



Monthly Nutrition Classes:

Prenatal Class:

Feb. 2nd 1400-1500

Gestational Diabetes:

Feb 17th 1400-1500

Diabetes:

Feb. 7th 1400-1500

Feb. 21st 1400-1500

Feb. 13th 1300-1400

Feb. 27th 1300-1400

Healthy Heart/Cholesterol:

Feb. 3rd 0900-1000

Feb. 17th 0900-1000

Hypertension:

Feb. 14th 1400-1500

Feb. 28th 1400-1500

Adult Weight Management

Feb. 9th 1500-1600

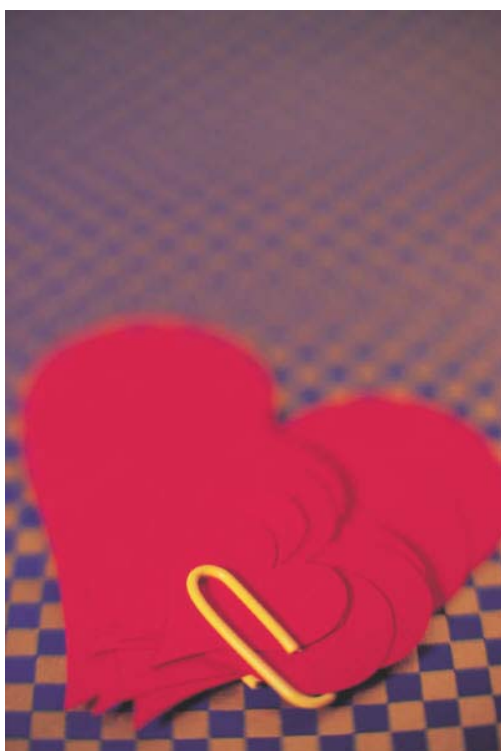
Feb. 23rd 1400-1500

Kids Weight Management

Feb. 1st 1500-1600

Feb. 22nd 1500-1600

All classes are held on Unit 3 West USNH, in the waiting room. It is Nutrition Clinic policy that individuals must attend a class before seeing the dietitian on an individual basis. Please call 643-7714 to sign up for a class.



February Health Observances

National Children's Dental Health Month

Evans Dental Clinic on Camp Foster is hosting a Children's Dental Fun Day!

February 25th 0800-1200

Help your children learn healthy dental habits that will last a lifetime!

National Wear Red Day

February 3rd

Heart disease is the #1 killer of American women. Wear red on February 3rd to increase awareness and show your support for women reducing their risk of heart disease.

Heart Health Tips

- **Kick Butts** - Smoking is the single most preventable cause of death in the United States! When you quit smoking - no matter how long or how much you've smoked - your risk of heart disease and stroke starts to drop.
- **Eat a balanced diet** with plenty of fruits and vegetables, cereal and grain products, fat free and low-fat dairy products, legumes, nuts, fish, poultry and lean meats.
- **Eat foods low in saturated fat and cholesterol**
- **Get physical!** Increase your physical activity to at least 30 minutes per day on most days of the week, even if you do it 10 minutes at a time.
- **Don't think exercise, think action.** Try including some of these activities in your daily life:
 - Use the stairs instead of the elevator.
 - Take a walk after dinner instead of watching TV. Hide your remote control!
 - Park a few blocks from the office or store and walk the rest of the way.
 - Play with your kids at the park, don't just sit and supervise.
- **Know Your Numbers** - Knowing your numbers is an important part of keeping your heart healthy. These numbers help you and your doctor determine your risks and monitor your progress toward a healthier heart.
 - Total Cholesterol - < 200mg/dl
 - LDL ("Bad") Cholesterol - <100mg/dl
 - HDL ("Good") Cholesterol - 50 mg/dl or higher
 - Triglycerides <150mg/dl
 - Blood Pressure <120/80
 - Fasting Glucose <100
 - Body Mass Index <25 Kg/m²
 - Waist Circumference <35 inches

All of these and more heart healthy tips can be found on the American Heart Association Website
www.americanheart.org



MCCS Health Promotion: 645-3910 USNH Health & Wellness: 645-2620

MCCS Fitness/Group Fitness: 645-3484

